

SPECIAL EVENTS:
STRATFORD GARLIC FESTIVAL
SEPTEMBER 10 & 11, 2011

**POSSIBLE
ITEMS IN
YOUR BIN
THIS
WEEK:**

- Beans
 - Broccoli
 - Cabbage—Red
 - Carrots
 - Kale
 - Lettuce—Boston & Roxy Red
 - Onions— Yellow
 - Patty Pan Squash
 - Peppers—Sweet
 - Potatoes—Yellow
 - Tomatoes
 - Watermelon—Mini Red
- Please note: depending on harvesting, you may not receive all these items in your bin this week.

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Community Shared Agriculture Newsletter

WWW.CSAAUGUSTHARVEST.COM *WEEK 12* SEPT 2011

THANK YOU FOR BUYING LOCAL BUYING FRESH!!!

The weather has suddenly cooled off. Pants and sweaters required for the first day of school. This cooling trend will slow down the number of crops coming off the field next week, although it shouldn't effect the quality. This year we had great potato and onion crops, with over 3000 lbs of potatoes coming off and over 1500 lbs of onions. My apologies to those of you who have been on the website searching for the recipes or newsletters. The summer has been very busy and I fell far behind. It is now up to date, so log onto

www.csaaugustsharvest.com to check out any of the newsletters or recipes, you can also find some additional member submitted recipes and last years recipes there. All the recipes are organized by there items down the left hand side of the page. For example, if you are looking for a reminder on how to make the kale chips or other kale recipes click on Kale down the left hand side. Please feel free to add any recipes to the site in the reply or member submitted sections or email them to us, we love your input!

You can also find a copy of the storage tips on the site if yours has gone missing off your fridge. This Saturday and Sunday is the annual Stratford Garlic Festival, being held at the old Stratford fairgrounds—20 Glastonbury Dr. Gates open at 9am Saturday with exciting presentation, events and vendors until 4 pm. Sunday gates open at 11am and run until 3 pm. Be sure to stop by August's Harvest booth for some garlic scape pesto, to sample the preserves and pies and say hi, we love meeting all our members in person!



Whole Wheat Penne with Cabbage

from *Almost Vegetarian* by Diana Shaw

Ingredients:

- 2 tsp olive oil.
- 1 onion, thinly sliced
- 1 large carrot, peeled, thinly sliced
- 2 cups shredded red cabbage
- 1 medium potato, peeled and sliced paper thin
- 1 tsp cumin seeds
- 4 oz. fontina or taleggio cheese, thinly sliced
- 3 cups whole wheat penne pasta

Directions:

Heat the oil in a large non stick skillet over medium heat. When hot, add the onion, carrot, cabbage, potato, and cumin, and saute until the onion is soft and limp, about 8 minutes. Cover and let steam until the cabbage is very tender and the potato has cooked through, about 12 minutes. Turn off the heat. Meanwhile, cook the penne according to package directions. Drain, then quickly toss it into the skillet, along with the cabbage mixture and the cheese. Toss briskly with two wooden spoons and serve.



Pickled Red Cabbage

by Linda Ziedrich

Ingredients:

- 1 red cabbage, trimmed and shredded
- 1 tbsp pickling or kosher or other uniodized salt
- 1/2 tsp whole cloves
- 1/2 tsp blade mace or small pieces of nutmeg
- 1/2 tsp whole allspice
- 1/2 tsp black peppercorns
- 1/2 tsp celery seeds
- 1 one inch cinnamon stick
- 1 1/3 cup red wine vinegar
- 1/4 cup brown sugar
- 4 tsp yellow mustard seeds

Directions:

In a large bowl or crock, toss the cabbage with the salt. Cover the container, and let it stand in fridge 8-12 hours. In a nonreactive saucepan (not aluminum), combine the vinegar, sugar, and mustard seeds. Tie the other spices in a spice bag or scrap of cheese cloth and add them to the saucepan. Bring the contents to a boil, and simmer 5 minutes. Let the liquid cool.

Drain the cabbage thoroughly, then pack it into pint mason jars. Pour the cooled liquid over the cabbage. If you don't have quite enough liquid, divide what you have between the jars, then top them off with the vinegar.) Close the jars with hot two piece caps. Process the jars for 20 minutes in a boiling water bath. Store jars in a cool, dry dark place for at least 3 weeks before eating the cabbage.

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bring one inch of water to a boil in a saucepan over medium-high heat. Add squash, cover, and cook for 10 minutes, or until a fork can pierce the stem with little resistance. Drain, and slice off the top stem of the squash. Use a melon baller to carefully scoop out the centers of the squash. Reserve all of the bits of squash.
3. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon to paper towels, and set aside. Saute onion in bacon drippings. Chop the reserved squash pieces, and saute them with the onion for one minute.
4. Remove the skillet from heat, and stir in the breadcrumbs. Crumble the bacon, and stir into the stuffing along with the Parmesan cheese. Season to taste with salt and pepper. Stuff each squash to overflowing with the mixture, and place them in a baking dish. Cover the dish loosely with aluminum foil. Bake for 15 minutes in the preheated oven, or until squash are heated through.

Sunday Chili

the *Vegetarian Times*

Ingredients:

- 3 cups dry kidney beans
- 2-3 onions
- 4 cloves garlic, minced
- 1 bell pepper, chopped
- 1-2 cups coarsely chopped cabbage
- 1/2 cup diced unpeeled potatoes
- 2 cups chopped tomatoes, or 10 oz. can tomatoes, with liquid
- 1 to 2 tbsp chili powder
- 1/2 tsp cumin
- 1/2 cup uncooked brown rice
- 5 cups water or vegetable broth
- salt and pepper to taste

Directions:

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker. (Or skip all this and use canned if in a hurry) In a large skillet over medium-high heat, water saute onion and garlic until soft, about 3 to 5 min. (or oil saute them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours.



Stuffed Pattypan Squash

By: Michele O'Brien

Ingredients:

- 6 pattypan squash, stem and blossom removed
- 6 slices bacon
- 1/2 cup diced onion
- 1 1/2 cups soft bread crumbs
- 1/4 cup freshly grated Parmesan cheese
- salt and pepper to taste